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Entrees at a Glance

12/01 Chicken Parmesan w/ Pasta
 12/02 Stuffed Shells w/ Tomato Sauce
 12/03 Alaskan Pollock w/ Rice Pilaf
 12/04 Chicken Cordon Bleu w/ Gravy
 12/05 Roast Turkey w/ Gravy & Mashed Pot
 12/08 Meatloaf & Gravy w/ Parsley Potato
 12/09 Beef Stroganoff over Rotini
 12/10 Stuffed Cabbage w/ Mashed Potato
 12/11 BBQ Chicken w/ Potatoes O'Brien
 12/12 Italian Meatballs w/ Pasta
 12/15 Ital Sausage, Peppers, Onion Hoagie
 12/16 Ham w/ Raisin Sauce & Mashed Pot
 12/17 Salisbury Steak & Sweet Potatoes
 12/18 Chicken Nuggets w/ Confetti Rice
 12/19 Lemon Chicken w/ Herbed Rice
 12/22 Chicken on Biscuit w/ Vegetables
 12/23 Stuffed Chicken Breast, Yellow Rice
 12/24 Lemon Pepper fish w/ Mac & Cheese
 12/25 CLOSED—Christmas Holiday
 12/26 CLOSED—Christmas Holiday
 12/29 Chili Con Carne w/ Rice & Mex Corn
 12/30 Swedish Meatballs w/ Rotini
 12/31 Sweet & Sour Chicken w/ Rice



SALAD BAR—Thurs. & Fri.



Pike County Area Agency on Aging

Christmas Party Time!

It's time for Christmas Parties!

Come join in the festivities at the center of your choice.

Come to one or come to all the parties!

Blooming Grove Center—December 4th

Lackawaxen Center —December 4th

Milford Center—December 5th

Dingman Center—December 23rd



October Halloween Party at Blooming Grove—and the winner was Pat Feely



Get a copy of our Newsletter **FREE** online, receive updated Senior Center information, & downloadable forms
 visit: www.pikeaaa.org

December Tidings,

Holiday—hectic, melancholy, cheerful, stressful, it means different things to everyone. To some, the mere thought makes their colon tighten. Others it's the time the kids come & actually stay for awhile. Whichever it is just remember it doesn't last past new year when they'll start hyping us on Valentine's candy!!!! My kids have ratcheted up their list to include ski passes, DS lite's (not sure even what that is) and trips to the Caribbean (mine too). I hope you all take a moment to reflect on your year & hope for health & good cheer for the coming new year.

Winter is upon us & baby its cold outside. Does anyone need a winter coat? We are working with the local organizations & churches & can obtain warm outerwear for people in need. Call the office. We are once again able to offer limited fuel assistance via our Aging Block Grant funds. Only LiHeap ineligible people may apply (see LiHeap page 9).

Medicare Open enrollment is in full swing & our Apprise Counselors are BUSY. They are even partnering with Senator Baker's office & Wayne Co. AAA to provide off site sessions. If you live in the lake region area, call for an appointment at the Lake Wallenpaupack visitor's Center. Call our office for times and availabilities.

A huge thank you to our supporters: The Hemlock Ladies Club, Barbara & Angie, & all of the women never cease to provide wonderful gifts for our consumers in need. The Roy Hull Century 21 & the Presbyterian Church in Milford for their Thanksgiving feast, the American Legion in Milford, & our wonderful volunteers who work so diligently to make sure everyone gets taken care of.

Thanks To our leaders in Harrisburg for providing us the funds for the 195 people receiving home delivered meals, the 288 people eating lunch at our four senior centers, the 150 people receiving personal care services, & the 87 people now with PERS (personal emergency response systems), as well as our new Ford Escape for delivering meals & getting around in the bad weather.

Thanks for our new staff members this year: Jean Imperiale, Angela Giove, Sheila Ferrufino, Marge Tigie, Anna Lopez, & lastly Jim Rabbas who came at the tail end of last year. Our new centers in Milford & Dingman's Ferry, & our new programs for home support & environmental modifications, as well as enhanced day services for people with alzheimers. WE ARE VERY BLESSED, and have been BUSY

Merry Christmas, Happy Hanukkah, and Happy New Year!



POMEGRANATES are a SUPERfood

Pomegranates are a new superfood: They are high in vitamin C and potassium, a great source of fiber, and low in calories. Not only delicious, pomegranates are one of the healthiest foods you can eat!

Pomegranate juice is high in three different types of polyphenols, a potent form of antioxidants.

The three types tannins, anthocyanins, and ellagic acid - are present in many fruits, but fresh pomegranate juice contains particularly high amounts of all three.

Whether you snack on fresh pomegranate arils (seeds) or drink the juice, feel guilt-free as you enjoy each delicious mouthful: you're doing your body a favor!



Spicy Pomegranate Baked Pears

4 firm baking pears
1 cup [pomegranate syrup](#)
2 tablespoons lemon juice
2 inch cinnamon stick
4 whole cloves

Pre-heat oven to 350°F. Peel pears, half lengthwise, and core. Arrange pears cut side down in a ceramic baking dish. In a nonmetallic bowl, combine pomegranate syrup, lemon juice, cinnamon, and cloves. Pour the mixture over the pears, and place the dish in the pre-heated oven. Bake for 45 minutes, basting frequently, or until pears are tender. Serves 4.

Pomegranate Syrup

1 cup [pomegranate juice](#)
½ cup sugar

In a 1-2 quart pan, combine pomegranate juice and sugar. Bring to a boil over high heat, stirring until the sugar is completely dissolved. Boil for 1 minute. Remove from heat, then cool. Cover and refrigerate the syrup for up to 2 weeks. Source: www.pomegranate.org

VOLUNTEERING CAN BRING SPECIAL REWARDS

Your expertise and experience is needed now more than ever. Some of the areas of Volunteer Service at Pike County Area Agency Aging are: Home-Bound Meal Delivery in and around Hemlock Farms area less than 4 hours a week, assisting at one of the four Senior Center's, maybe 3 or more hours a week. (We do not ask you to come out in bad weather, most of our services are canceled on those days)

For those who are looking for an even more challenging opportunity, the APPRISE Program and the Ombudsman program are in need of your typing skills for data entry and organization skills for filing, along with possible speaking skills for contacting clients. Can you spare 4 hours a month?

Most volunteers continually are gratified by doing something rewarding. Grow personally in the process of learning new skills, gaining new insights and achieving a sense of accomplishment.

Please take a minute and call Sue Van Orden and ask about other opportunity to help our community in Volunteering. We urge you to take this opportunity to make a valuable contribution to your community.

A special thank you to all of the current volunteers who give of their time.

Share you Smile today

Sue Van Orden, 570-775-5550, extension 1303

Volunteer Coordinator



Time is just flying by, Halloween has passed and Thanksgiving is upon us, and December will be here before we can blink. We will be having an in-service on Nursing Home Transition Monday, December 15, from 10am to 2pm at our Blooming Grove Center. Niclole White and Ami Probst from the Office of Long Term Living will be presenting. Flyers should be sent out shortly to Agencies and Providers who may be interested in increasing their knowledge of the program, to better provide Nursing Home Transition services. Our seniors always benefit from knowledge we gain and share with each other. We are still planning an event for sometime in March, weather permitting. Our events are geared towards helping those we serve, seniors and those 18 to 59 with disabilities. By sharing information and resources with other agencies and departments that also serve this population we all benefit. I wish you all a Happy and Healthy Thanksgiving. If you are over 60 and/or disabled aged 18 to 59 and have a question about services be sure to call a Link Representative, if the answer is not immediately at hand we will research it and call you back.

Point of contact for the LINK in Pike County, Barbara Leary, 570-775-5550 ext. 1318 - 1-800-233-8911 – bleary@pikepa.org.



Medicare Information

Medicare Annual Open Enrollment Period Ends Dec. 7th.

NEW TO MEDICARE?

If you OR A FAMILY MEMBER are turning 65 before May 2015
OR

If you've been receiving Social Security Disability benefits for almost 24 months –

Please plan to attend our seminar to learn about Medicare:

**Wednesday,
December 17th at 2:00PM
Blooming Grove Sr. Center
Call to register:
570-775-5550.**

TOPICS:

Part A (hospital) & B (medical)
Advantage Plans
Prescription Drug Plans
Supplement plans (Medigaps)
Annual Open Enrollment Period
Preventative Screenings
Fraud Protection
Medicare Cost Saving Programs

**Please call to
schedule your
appointment:
570-775-5550**

GENERAL ENROLLMENT PERIOD is January 1 – March 31

If you didn't sign up for **Part A and/or Part B** when you were first eligible, and you aren't eligible for a Special Enrollment Period (see below), you can sign up during the General Enrollment Period between January 1–March 31 each year.

Your coverage will start July 1. You may have to pay a higher premium for late enrollment in Part A and/or a higher premium for late enrollment in Part B.

Special Enrollment Period:

If you're covered under a group health plan based on **current (active)** employment, you have a Special Enrollment Period to sign up for Part A and/or Part B any time as long as you or your spouse (or family member if you're disabled) is working, and you're covered by a group health plan through the employer or union based on that work.

You also have an 8-month Special Enrollment Period to sign up for Part A and/or Part B that starts the month **after the employment ends or the group health plan insurance based on current employment ends, whichever happens first**. Usually, you don't pay a late enrollment penalty if you sign up during a Special Enrollment Period.

Note: COBRA and retiree health plans are NOT considered coverage based on current employment. You're NOT eligible for a Special Enrollment Period when that coverage ends. This Special Enrollment Period also doesn't apply to people with End-Stage Renal Disease (ESRD).

MEDICARE ADVANTAGE DISENROLLMENT PERIOD

JANUARY 1ST TO FEBRUARY 14TH, 2015

IF YOU HAVE MEDICARE ADVANTAGE and did not make changes during the Annual Open Enrollment Period that ends Dec. 7th, you can drop your Advantage plan between Jan. 1 and Feb. 14 **to enroll in original Medicare** and or a stand-alone prescription drug plan, and/or a Medigap (supplement) plan.




NOTE: This is the **ONLY** change you can make during this Medicare Advantage Disenrollment Period. (You will NOT be able to change to another Advantage Plan until next open enrollment in Oct. 2015, unless you meet specific qualifications that allow for a Special Enrollment Period.).

APPRISE is a free, public program of the Pennsylvania Department of Aging. We offer unbiased assistance to help you understand your Medicare options and make well-informed decisions about your health coverage.

DECEMBER 2014 Dingman's Center 9am — 3pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed Medical Transport	2 Games & Cards Yoga w/ Lori 10:30 Enhanced Day Care 9—2	3 CLOSED	4 CLOSED Shopping	5 Bingo, Cards Games
8 Closed Medical Transport	9 Games & Cards Yoga w/ Lori Enhanced Day Care 9—2	10 CLOSED	11 CLOSED Shopping 	12 Bingo, Cards Games
15 Closed Medical Transport	16 Games & Cards Yoga w/ Lori 10:30 Enhanced Day Care 9—2	17 CLOSED	18 CLOSED Shopping 	19 Bingo, Cards Games
22 Closed Medical Transport	23 CHRISTMAS PARTY! Info& Assist sign-up 10—12 Enhanced Day Care 9—2	24 CLOSED	25 CLOSED 	26 CLOSED 
29 Closed Medical Transport	30 Games & Cards Yoga w/ Lori 10:30 Enhanced Day Care 9—2	31 CLOSED	1 CLOSED 	DECEMBER 21ST 

DECEMBER 2014 Lackawaxen / Shohola Township 9:30am—2pm

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Medical Transport Exercise with Dorothy 11:15 Cards & Games Lunch BP / Glucose (1st Monday of month) 	Exercise with Lana @ 12:30 Lunch Information & Assistance sign-up every 4th Wednesday 10—12	Cards & Games & Bingo Exercise with Annette Lunch December 4th Christmas Party!  

DECEMBER 2014 Milford Library Senior Center 9:00am—3pm

EVERY WEDNESDAY	EVERY FRIDAY
 Cards & Games Lunch Yoga with Lori @ 10:30 every 1st, 2nd & 3rd Wednesday	Bingo 10:30 Cards & Games Exercise with Lana @ 12 noon Lunch December 5th Christmas Party! 




Please note lunch reservations at the Milford Center are necessary. If you wish to make reservations or have questions, please call the Pike County Area Agency on Aging at 570-775-5550 or 570-832-1929 and leave a message.



DECEMBER 2014 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Medical Transport Hemlock Ladies	2 Arts & Crafts Tai Chi @ 10:45 Exercise w/ Lana	3 Cards Dominoes, Rummikube	4 BLOOD PRESSURE Christmas Party! Piano students entertain @ 12 	5 Arts & Crafts Cards
8 Medical Transport Monday's Angels Alzheimer Support 1:30	9 BIGGER SHOPPING Arts & Crafts Tai Chi @ 10:45 Exercise w/ Lana 	10 BIGGER SHOPPING Cards Dominoes, Rummikube 	11 BIGGER SHOPPING Exercise w/ Lana Arts, Crafts & Bingo Wii bowling practice 	12 Arts & Crafts Cards
15 Medical Transport	16 Veterans Rep @ 9 Arts & Crafts Tai Chi @ 10:45 Exercise w/ Lana HANUKKAH BEGINS AT SUNSET 	17 Cards, Dominoes, Rummikube Grief Support @ 10:30	18 Exercise w/Lana Arts, Crafts & Bingo Wii bowling practice	19 Arts & Crafts Cards
22 Medical Transport Ombudsman Mtg 1:30	23 Veterans Rep @ 9 Arts & Crafts Tai Chi @ 10:45 Exercise w/ Lana	24 Cards, Dominoes, Rummikube	25 CLOSED CHRISTMAS DAY  Merry Christmas	26 CLOSED CHRISTMAS HOLIDAY Merry Christmas KWANZAA
29 Medical Transport	30 Arts & Crafts Tai Chi @ 10:45 Exercise w/ Lana	31 Cards, Dominoes, Rummikube NEW YEAR'S EVE 	1 CLOSED NEW YEAR'S DAY 	Sunday, December 21st Winter Begins. Summer Solstice 6:03 pm

Seniors Are Our First Priority

December Lunch Menu

Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Tossed Salad Chicken Parmesan with Pasta Broccoli medley Italian Bread Fresh Fruit</p>	<p>2</p> <p>Broccoli & Chick Pea Salad Stuffed Shells w/ Tomato Sauce Italian Green Beans Italian Bread mandarin oranges</p>	<p>3</p> <p>Cucumber Salad Alaskan Pollock Rice Pilaf Spinach Wheat Bread Fruited Jell-O</p>	<p>4</p> <p>Three Bean Salad Chicken Cordon Bleu w/ Gravy Oven browned Potatoes Zucchini & Tomatoes Wheat Bread Ice Cream </p>	<p>5</p> <p>Cranberry Juice Roast Turkey with Gravy Mashed Potatoes Peas & Carrots Dinner Roll </p>
<p>8</p> <p>Mandarin Salad Meatloaf & Gravy Parsley Potatoes Succotash Whole Wheat Bread Jell-O</p>	<p>9</p> <p>Split Pea Soup Beef Stroganoff over Rotini Brussels Sprouts Whole Wheat Bread Fresh Fruit</p>	<p>10</p> <p>Cranberry Juice Stuffed Cabbage Mashed Potatoes Corn Rye Bread Oatmeal Cookies</p>	<p>11</p> <p>Coleslaw BBQ Chicken Potatoes O'Brien Pacific Medley Dinner Roll Chocolate Cake </p>	<p>12</p> <p>Waldorf Salad Italian Meatballs Pasta / tomato sauce Italian Green Beans Ambrosia </p>
<p>15</p> <p>Tossed Salad Italian Sausage Peppers & Onions Hoagie Roll Herbed Cous Cous Peas & Carrots Vanilla Pudding</p>	<p>16</p> <p>Beef Barley Soup Ham w/ Raisin Sauce Corn Mashed Potatoes Rye Bread Fruit Cocktail</p>	<p>17</p> <p>Grape Juice Salisbury Steak Sweet Potatoes Mixed Vegetable Wheat Bread banana cake</p>	<p>18</p> <p>Carrot Raisin Salad Chicken Nuggets Confetti Rice Carrots Dinner Roll Fresh Fruit </p>	<p>19</p> <p>Cole Slaw Lemon Chicken Herbed Brown Rice Peas & Onions Rye Bread Pears </p>
<p>22</p> <p>Minestrone Soup Chicken on a Biscuit with Vegetables and Parsley Potatoes Peaches</p>	<p>23</p> <p>Tossed Salad Stuffed Chicken Breast Yellow Rice Glazed Carrots Confetti Cake</p>	<p>24</p> <p>Red Beets & Onions Lemon Pepper Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit</p>	<p>25</p> <p>CLOSED</p>	<p>26</p> <p>CLOSED</p>
<p><i>Merry Christmas</i> </p>				
<p>29</p> <p>Orange Juice Chili Con Carne Rice Mexicali Corn Cornbread Fresh Fruit</p>	<p>30</p> <p>Red Cabbage Salad Swedish Meatballs Rotini Pasta String Beans Wheat Bread Pineapples</p>	<p>31</p> <p>Mandarin Salad Sweet & Sour Chicken with Rice Stir Fry Vegetables Wheat Bread Oatmeal Fruit Crisp</p>	<p>HAPPY NEW YEAR</p> <p></p>	<p></p>

EVENTS and PROGRAMS

HEALTHY STEPS PROGRAM COMES TO MILFORD SENIOR CENTER



September 12th through October 31st, the Milford Senior Center held their first Healthy Steps in Motion Program. The program promotes regular physical activity which provides much needed health benefits to our seniors. Turn out was terrific, as numbers grow at our New Milford Center, and the seniors walked away with information on how to stay healthy for years to come.



Considering all the news these days about debit card information stolen from various stores, you may want to take some steps to prevent it happening to you. To ensure safe debit card transactions this holiday season and going forward, you may want to use your PIN to finalize your transactions versus using it as a visa card and signing, as your PIN is unique to you alone, and it is hard for a criminal to capture your code. Be sure that when entering your PIN number during a transaction, you cover the key pad with your other hand so that no one can see the numbers you are entering. Enjoy a safe and happy Holiday Season.



Winter auto safety

To ensure winter time driving safety — if you live in a cold climate — have your vehicle serviced and winterized so it's ready for winter driving and winter road conditions. Some specific items to be checked are the:

- **Tires:** check the tire air pressure and make sure your tires have sufficient tread.
- **Radiator:** have the anti-freeze levels checked.
- **Belts:** inspect the belts and hoses for cracks or leaks.
- **Oil:** ask you mechanic about switching to a thinner grade of engine oil for better performance in colder temperatures.
- **Wipers:** inspect the windshield wipers and wiper fluid to ensure better visibility.
- **Battery:** make sure the battery is fully charged.

Winter shoveling safety

1200 people die each year as a result of shoveling snow. To ensure winter time shoveling safety follow the tips below:

1. **Warm up 5 or 10 minutes** to get heart rate up slowly
2. **Dress appropriately in layers** to adjust to the temperature outside. Cover head, face & hands when outside for prolonged periods of time. If you become overheated, take a break.
3. **Pick the right waterproof boots.** They will protect the feet from the cold as well as keep them dry.
4. **Pick a small shovel.** Depending on how wet the snow is, a shovel full of snow can weigh up to 15 pounds!
5. **Stay hydrated.** Have a water bottle handy just inside the garage and take a few sips after every 15 minutes of shoveling snow.
6. **Set a time limit.**
7. **Lift with the legs, not the back.**
8. **Push the snow.** Pushing is easier than lifting
9. **Never shovel alone.** Let family or neighbor know you are shoveling so they can check on you from time to time.

EVENTS and PROGRAMS



Do you live in the Greentown area and need assistance with your shopping needs??



If you live in the Greentown Area and are unable to shop there are a few supermarkets that will deliver to your home.

1. Lake Region IGA—570-226-6000 (you must order between 8 am & 10 pm on Tuesdays. They deliver same day. There is a \$1 charge per mile each way for delivery.
2. Dutch's Market—570-676-3373 (No Weekend Delivery—but require 24 hr. notice when ordering on other days \$10 delivery charge)
3. Dave's Super Duper- 570-251-9530 – They do not deliver too far from store. Call them for details.

Halloween Party at Lackawaxen. October 30th



Left- Hella Nifontoff, center- Frieda Drake, right- Astrid Jimenez. Best costume went to Hella!



SMALL JOBS CREW IS AN ACT OF KINDNESS



In need of help with small jobs? General maintenance projects, yard

work, clean-up? The small Jobs Crew from the Wallenpaupack Free Methodist Church want to help. Our mission and purpose is to Love God, Love Others, Serve God, Serve Others. We seek to show our community the love of Christ through acts of kindness and service to others. Please contact us with your information and needs and we will be happy to assist.

Contact : Gary and Kim Wyler—570-226-0554



During inclement weather, watch the local channels or listen to local radio stations for school closings. If they are closed, then our centers will be closed. If you receive home



delivered meals, please be sure that your driveway & steps are cleared of snow & ice so the driver can deliver your meals. If you have an issue, please give us a call at: 570-775-5550.



The 2014-2015 LIHEAP program opens in late fall. If you received LIHEAP assistance last year

you will automatically receive an application in the mail this year. If you did not receive LIHEAP assistance last year or if you have moved, you will not receive an application and need to apply.

How to Apply: There are three different ways you can apply for LIHEAP: Online, on paper, or in person

1. You can apply for the LIHEAP benefits online by using [COMPASS](#). COMPASS is the name of the website where you can apply for LIHEAP and many other services that can help you make ends meet.

2. Download an application for LIHEAP benefits by clicking on the links below and return it to your [local county assistance office](#), or

3. File an application at your [local county assistance office](#). In order to qualify, you must have an annual income (before taxes) that is below the following amounts:

Household Size* Maximum Income Level (Per Year)

- 1 \$17,505
- 2 \$23,595
- 3 \$29,685
- 4 \$35,775
- 5 \$41,865
- 6 \$47,955
- 7 \$54,045
- 8 \$60,135

*For households with more than eight people, add \$6,090 per additional person. Always check with the appropriate managing agency to ensure the most accurate guidelines.

For more information, please contact your [local county Assistance office](#) or contact the LIHEAP hotline at:

1-866-857-7095, Monday through Friday

(individuals with hearing impairments may call the TDD number at 1-800-451-5886).

Online at: <http://www.state.pa.us/foradult/heating>



SOCIAL SECURITY OFFICES IN SCRANTON (866-635-0767) & STROUDSBURG (888-835-6169)

NEW HOURS: 9am—3 pm Mon, Tues, Thurs, Fri.-Wed. close at 12

Pike County Area Agency on Aging

150 Pike County Blvd.

Hawley PA 18428



DO NOT CALL REGISTRY

If you want to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry either by calling: 1-888-382-1222 or go on line to: www.donotcall.gov

Non-Profit mailer

To renew subscription, clip out mailing label and send it in with the \$5 yearly fee. If you have email, just send your email address to: lhunt@pikepa.org, and get your newsletter sent right to your email address for **FREE**—Save time and money!

www.pikeaaa.org

Senior Law Center

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior Law helpline if you need assistance at: 877-727-7529

Where to Find Information About the Medicare Plans Available in your County:

- * Medicare & You 2014 Handbook
- * www.medicare.gov Call APPRISE at: 1-800-783-7067
- * Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- * Or call us at: 570-775-5550 for an appointment to assist you

Pike County Area Agency on Aging

Blooming Grove Center 150 Pike County Blvd., Hawley, PA 18428

(Phone 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)

Office: Monday through Friday - 8am to 4pm

Center: Monday through Friday 8am to 4pm

Dingmans Center American Legion 851 107 Ball Park Rd, Dingmans Ferry PA 18328

570-828-7812—Tuesday & Friday 9am to 3pm

Lackawaxen/Shohola Township Center, Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday & Wednesday and Thursday 9am to 2pm (Phone-570-685-7808)

Milford Center—Pike County Library, 119 E. Harford St., Milford, PA 18337 (Phone: 570-832-1929)

Executive Director - Robin S. LoDolce - email: rlodolce@pikepa.org

Waiver Supervisor— Rene Bernatzky— **ACM Supervisor**—James Rabbas

Nutrition Site Managers- Cherie Bland, Lea Langer

Activity & Program Director & Prime Time Health Coordinator - Lana Romeo

Advisory Council

Chairperson: Norma Goldner * Karl A. Wagner, Jr., Commissioner Representative * Doris Bannon * Charlotte Bell *

*Jeanne Carlstedt * Patricia Crane* Jacqueline Eadicicco * Georgiana Ehrlich * George Kanfer*

Marianne McMillin * Ethel Musselwhite * Joe Shevlin * Catherine Steele * Rita Tepperman*

Pike County Commissioners - Richard A. Caridi * Matt Osterberg* Karl A. Wagner, Jr.*

24hr. Elder Abuse Hotline: 1-800-233-8911

Pike County Transportation Hours 7:30am—4:00pm Phone 570-296-3408 Toll Free: 1-866-681-4947

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